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BOYHOOD CAUGHT ON FILM

NEW ETHAN HAWKE MOVIE MADE OVER 12 YEARS TO CAPTURE THE DEVELOPMENT OF HIS CO-STAR PAGE 13

Does Bill C-36 protect the rights of sex workers?

House justice committee examines feds' proposed prostitution law PAGE 6

You look like you could use a break

Metro talks to stress experts about the physical signs that it may be time for you to take a vacation from work PAGE 16

CTrain high-five guy doing it '100 per cent just for fun'

Marckus Wesley.
YouTube star makes 'a world of difference'

To many Calgarians, he's known only as the "high-five guy."

Marckus Wesley has become a local legend for slapping hands with Calgary Transit riders, telling jokes and urging them to meet their next-seat neighbours.

Wesley's celebrity recently vaulted to new highs when one of his daily spiels to LRT riders was posted on YouTube.

He was dubbed a mystery man in a front-page mention on the city's major broadsheet newspaper and friends have said he even got a nod on popular TV show Good Morning America.

In his first-ever interview, Wesley chuckled when asked about those who think he's crazy for trying to brighten people's daily ride.

Marckus Wesley, best known as "high-five guy," has earned a reputation for brightening the days of Calgary Transit commuters. BRYAN WEISMILLER/METRO

"It is honestly, 100 per cent just for fun," he said. "It's just to play.

"Smiles and high-fives — that's it."

The cheery 33-year-old construction worker, however, has managed to keep his tumultuous life story out of the public spotlight.

Wesley has struggled with alcohol and depression, including a more recent bout brought on by a string of bad luck in which he busted up his ankle, big toe and knuckles, and had his heart broken, too.

When not couch-surfing with friends over the past few months, he's lived at the Calgary Drop-In and Rehab Centre to get in the "right head space" and build a stronger financial footing.

That hasn't stopped him from extending a hand to hundreds of his Drop-In Centre floormates for a high-five or fist-bump.

Wesley says a few reciprocated, adding there's nothing that can drag down his spirits right now.

"If you let it, being there will eat you up," he said of the homeless shelter. "I just bring my normal self there.

"A lot of people don't understand it."

Northeast LRT rider Abid Khan didn't get the fuss at first, but soon realized Wesley was just trying to make people happy on what can sometimes be a gloomy commute.

"It made a world of difference," said Khan.

While hanging fives in public spots for more than a decade, Wesley admits it's only been a couple years since he realized the CTrain was the "perfect venue" because he's got a captive audience through design.

There are some perks. Wesley has turned down three wedding proposals and been offered free haircuts for life.

Then there's the downside. He claims to have been punched in the face on three occasions and stabbed once.

"It could've been their bad day and a high-five just wouldn't cut it," he said.

BRYAN WEISMILLER/METRO

On the web

Check out metronews.ca for a video of Wesley high-fiving CTrain riders.

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Walk home from Stampede fatal for 'amazing brother'

Hit and run. Second sibling from the same family to die in the past eight months

ROBSON FLETCHER
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Eliah McEdwards was "an amazing brother" with a "big heart" who had recently moved to Calgary to start a new life, when that life was suddenly cut short by a hit-and-run driver.

It's the second tragedy to strike the family in less than a year, said Kaylene McEdwards, who was struggling Monday to make sense of this most recent loss of a sibling.

"We love him so freaking much," she said of her brother. "Words can't describe how much we miss him."

Eliah, who would have turned 21 in September, moved to Calgary a couple of months ago to join his brother and cousin in Alberta, Kaylene said.

He was walking home early Monday morning after a night out at the Calgary Stampede, she added, when he was struck and killed.

Kaylene fondly recalled her brother's visits to her home in New Liskeard, Ont., as well as spending time milking cows with him at a family farm.

"He was such a loving and amazing person," she said.

His death comes eight months after sister Katie McEdwards, 23, died in an incident east of Sudbury that Kaylene described as a "murder," though police had not confirmed that.

In the most recent release available, the West Nipissing Police Service said it was investigating but "a cause of death has not been determined." Reached Monday evening, police there would not provide an update on the case.

Police in Calgary said the fatal collision happened at the intersection of 16 Avenue and Barlow Trail NE at about 2:30 a.m. Monday. Sgt. Colin Foster said a westbound vehicle was turning onto the southbound ramp when it struck and dragged a pedestrian between 20 and 30 metres, before swerving onto a grass median and fleeing the scene.

About five hours later, police located a Hyundai Santa Fe in the 2400 block of Vermilion Street NE that Foster described as a "vehicle of interest" but at press time had not made any arrests.

Kaylene said the family is anxiously awaiting updates from police, adding the driver had "better go to jail."

Anyone with information is asked to call police at 403-567-4000 or Crime Stoppers at 1-800-222-8477.

WITH FILES FROM KEN VAN DE WALLE

Quoted

"He was an amazing brother.... He was such a loving and amazing person with such a big heart."

Kaylene McEdwards, victim's sister

Eliah McEdwards recently moved to Calgary from Ontario and was walking home from the Calgary Stampede early Monday morning when he was killed in a hit-and-run collision. FACEBOOK

Man linked to missing boy appears in court

A courtroom sketch of Douglas Garland from an appearance Monday. JANICE FLETCHER/THE CANADIAN PRESS

The father of a missing Calgary boy watched closely as the only man linked publicly to his son's disappearance appeared in court Monday on an unrelated matter.

Douglas Garland was questioned by authorities over the weekend as authorities scoured an acreage owned by his parents for clues on the whereabouts of five-year-old Nathan O'Brien and his grandparents, Alvin and Kathy Liknes.

Garland was released by police but appeared in court to answer to an unrelated identity theft charge. He has been linked online to members of the Liknes family.

Rod O'Brien, Nathan's father, was in court to watch the proceedings. When asked if he knows of a connection between his family and Garland's, he said, "I do, but I'm not going to comment today."

Meanwhile, authorities continued to search the Garland acreage. Police could be seen laying down evidence markers and boats were brought in to search a slough and pond.

While family members and the general public have waited anxiously for word on the missing trio, seasoned missing-persons investigator Ted Davis said "a week is not that long" as far as these types of cases go and if investigators go public with too much information, it could jeopardize their search.

"They're not going to open their hand up in a poker game — they can't," he said.

JEREMY NOLAIS/METRO WITH FILES FROM THE CANADIAN PRESS

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Hot on the trail of hotcakes

'Pancakageddon.' Calgary man aims to scarf down dozens of Stampede breakfasts

BRYAN WEISMILLER
bryan.weismiller@metronews.ca

He might be flipping mad or just flat-out hungry, but one pancake enthusiast plans to scarf down at least 30 — maybe 40 — Calgary Stampede breakfasts before this year's 10-day hootenanny winds down.

Kyle MacQuarrie, a self-described "sucker for the ridiculous," attempted a similar quest in 2012, tallying 14 breakfasts in his inaugural binge.

While he forever swore off free flapjacks and sausages after that, friends have persuaded him to pick up the feedbag once again.

The hunt for hotcakes has led MacQuarrie out of his far-flung southeast suburb and across the city.

"I'm not picky," he said Monday. "I'll go wherever the breakfasts take me."

MacQuarrie insists his wife and kids are understanding of the experience that he's dubbed "Pancakageddon" on Twitter.

Some, however, are less supportive of such gluttonous endeavours.

"Stampede tends to be a time of indulgence, but you can take things too far," said Amber Romaniuk, a nutritionist who's hosting a sold-out health-conscious Stampede breakfast at Hotel Arts on July 9.

"As much as it's fun, I'd be curious to know how he feels at the end of every day."

MacQuarrie, for the record, ate five breakfasts on Sunday and "doesn't recommend it."

Still, he appreciates the cowboy spirit shown throughout the city.

"Everybody's friendly so far this time of year," he said. "No matter how long you're standing in line — at the end of the day it's all about the pancakes and sausages."

Registered dietitian Samara Felesky-Hunt suggested MacQuarrie load up on fibre to counteract the likely "insurmountable" amount of fatty, calorie-laden eats.

"He's definitely going to have that Stampede food hangover," she said, adding the after-effects could be felt for weeks.

Follow Bryan Weismiller on Twitter @Metro_Weisy

By the numbers

30

The minimum number of Stampede breakfasts Kyle MacQuarrie has his sights set on.

Kyle MacQuarrie plans to eat at least 30 free Stampede breakfasts over the 10-day cowboy season.
BRYAN WEISMILLER/METRO

Call only one cab company for a ride, committee chair urges

Weary cowboys and cowgirls are being urged to dial up just one cab company when it comes time to depart from their Calgary Stampede watering holes.

Tongjie Zhang, chair of the volunteer taxi limousine advisory committee, made the plea to customers Monday while answering questions related to a Metro ride-along with a city cab driver over the weekend.

United Cabs' 65-vehicle fleet recorded at least 50 "no-trips" in a one-hour period from 12 to 1 a.m. Sunday, according to the on-board computer of company president and driver Rupinder Gill.

A no-trip occurs when a cabbie ventures to the location of a call only to find the customer is not there.

Often, it's believed the patron phoned multiple companies and then hopped in with the first taxi to show.

But Zhang said Monday "the customer is not supposed to call multiple companies."

"We really need to have a better public awareness of the issues and how to solve them," he added.

Zhang said customers' "personal preference" would dictate which of the five brokerages would get their business.

But Roger Richard, president of Associated Cab, criticized the advice from Zhang.

"You can't put the blame on the customers," Richard said, before claiming he was watching as thousands jockeyed for a cab ride home over the weekend.

"I bet you some people waited four to five hours — it was bad."

He said customers can't be blamed for not wanting to put all of their eggs in one basket and the only solution is adding more cab plates.

"This was created by bad service," Richard said of the no-trip issue. "People get a little desperate.... If we improve the service then we're going to be more reliable, and the public's not going to do that."

JEREMY NOLAIS/METRO

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Premier's breakfast. Foreign-worker overhaul on minds of candidates

The three men running to be Alberta's next leader were on hand for the premier's annual Stampede breakfast in downtown Calgary.

Ric McIver, Thomas Lukaszuk and Jim Prentice said if they become premier, they'll fight to make sure the province's unique needs are reflected in the federal Temporary Foreign Worker program.

McIver said he planned to bring the issue up with his caucus colleagues at a meeting on Monday. He said Alberta must continue to fight changes to the program federal Employment Minister Jason Kenney announced last month.

Lukaszuk, who handled the jobs file before entering the leadership race, said the changes are not in Alberta's best interests and as premier he'd make sure the province's views are on the national agenda.

Prentice said he aims to have a constructive discussion with his counterparts in Ottawa about how Alberta's huge labour needs can be met under the program, while making sure it remains transparent and any abuses are addressed.

It was the first time hosting the event for Premier Dave Hancock. He said the recent tumult within the Progressive Conservative party hadn't dampened the mood at this year's event.

THE CANADIAN PRESS

Premier Dave Hancock, is on the pancake circuit as he serves scrambled eggs at a Stampede breakfast on Monday.
JEFF MCINTOSH/THE CANADIAN PRESS

Parents in 'disbelief' over Bublé message

Therapeutic tunes.
Artist's music used in autism treatment for super fan Griffin Woods

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Griffin Woods is not big on crowds, so famed crooner Michael Bublé gave the Calgary youngster his own concert.

Griffin, 6, has been diagnosed with severe autism but has made great strides, thanks in part to the soothing tunes in Bublé's live-concert videos.

"First, he maybe does something he isn't too crazy about — like working with letters — and then he's given a reward," explained mother Christin Woods over the phone Monday. "His reward is usually around music, and lately they've been using a lot of Bublé stuff."

Griffin also struggles to hold a pencil, so typing on a keyboard has taken priority. His therapy often sees him punch in Bublé's name, and then he can pick a concert.

Christin had hoped to take her son to one of Bublé's concerts earlier this year, but he's timid in crowds. Instead, she made an appeal for some swag — but never imagined what they'd receive instead.

Bublé filmed a personal message to the youngster and even sang him a little jingle.

"Griffin ... not a lot rhymes with Griffin," Bublé sings in one part, "but I still love you so much. You're so spiffin'."

A copy of the video posted to YouTube on Friday had nearly 20,000 views as of Monday evening. But more importantly, it makes Griffin smile.

"I was laughing and crying at the same time," she recalled.

"I was in disbelief.... My husband was crying. We showed our therapists and they were crying."

Have a listen

To see the video, go to metronews.ca/calgary.

Calgary six-year-old Griffin Woods, left, who suffers from severe autism, recently received a personal message from famed Canadian singer Michael Bublé. LEFT: CONTRIBUTED; RIGHT: METRO FILE

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Twain meets kids for clubhouse launch

The children of Catherine Nichols Gunner in Calgary gather around music star Shania Twain in the new clubhouse Monday. KEN VAN DE WALLE/FOR METRO

This impressed them much.

Students were star-struck as Canadian country-music superstar Shania Twain opened a brand new clubhouse at Calgary's Catherine Nichols Gunner Elementary on Monday.

Twain, who's in town for a special Calgary Stampede concert, took some time with the kids to launch the city's first-ever Shania Kids Can Program.

The clubhouse will provide aid to struggling students with poor home lives, giving them the nutritional, emotional and educational help they need in order to perform their best academically, according to the program's website.

"It's a project of my heart," said Twain. "I'm doing this as something that I dreamt about doing when I was just a little girl."

The program came about as a joint effort between the Shania Kids Can and the Dilawri Foundation, with some support from the Calgary Board of Education.

"As a foundation we've always believed in giving back to children," said Ajay Dilawri, co-founder of the Dilawri Foundation. "We believe the academic success of children is related to their emotional well-being in schools."

KEN VAN DE WALLE/FOR METRO

Suryan Giama

Body of missing Calgarian found

Authorities have found the body of a missing man presumed to have been murdered. RCMP were called to the Stoney Nakoda First Nation at 1 p.m. Monday by someone who found human remains. An autopsy has confirmed it was the body of Suryan Giama, 25, last seen Feb. 17. METRO

More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

THE ASSOCIATED PRESS

In case of bulls, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend.

Scan the photo with your Metro News App to see more photos from the run.

ANDRES KUDACKI/THE ASSOCIATED PRESS

Bill C-36

Hearings begin for Tory draft law on prostitution

Manitoba's attorney general is calling on the Harper government to amend its new prostitution bill and remove a section that still criminalizes some acts of actual prostitution.

Attorney General Andrew Swan says removing one section of the bill that still makes everyone guilty if they communicate to purchase sex in a public place would make the legislation much more impervious to a court challenge.

Earlier Monday, Justice Minister Peter MacKay told a Commons committee that he fully expects the bill will be challenged again at the Supreme Court of Canada.

MacKay refused to say what parts of the bill are most vulnerable as he opened a marathon round of hearings by the House of Commons justice committee on the Harper government's new prostitution bill. THE CANADIAN PRESS

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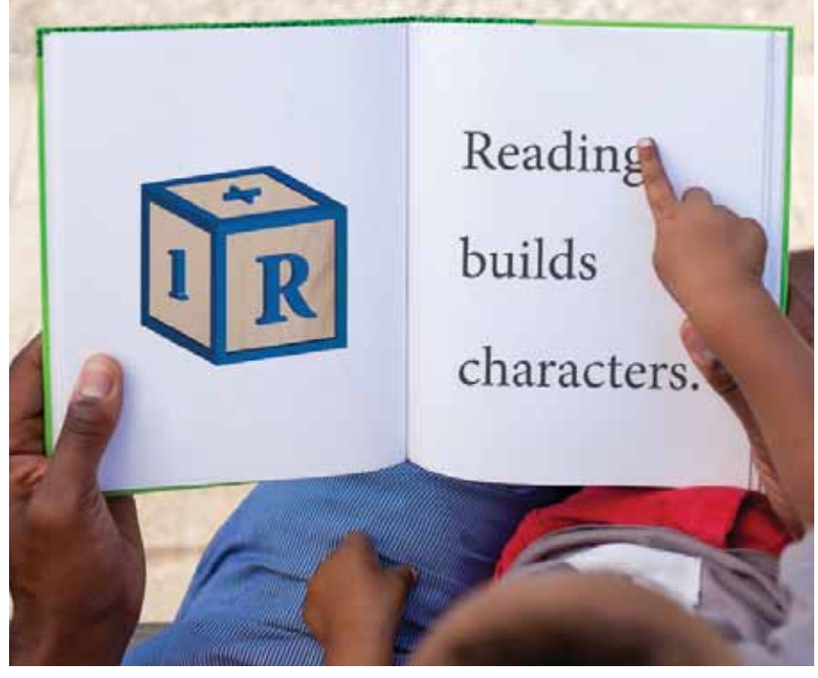

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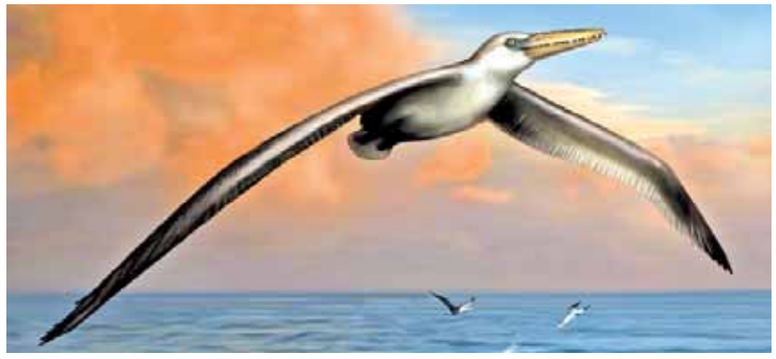

Paper released on world's largest flying bird

This undated image provided by the Bruce Museum in Greenwich, Conn., shows a reconstruction image of the world's largest-ever flying bird, Pelagornis sandersi. Its skeleton was discovered in 1983 in South Carolina, but its first formal description was released Monday by the Proceedings of the National Academy of Sciences. The gigantic bird had an estimated wingspan of around 21 feet, about the height of a giraffe. LIZ BRADFORD/BRUCE MUSEUM/THE ASSOCIATED PRESS

Fahmy's family not reading into el-Sissi's words

Pardon or propaganda?

Egypt's president told media outlets the case had negative impact on country's reputation

The family of an Egyptian-Canadian journalist imprisoned in Cairo voiced cautious optimism Monday at an apparent expression of regret from Egypt's president over Mohamed Fahmy's case.

Fahmy was recently found guilty on terrorism-related charges along with two Al-Jazeera English colleagues in a trial denounced as a sham by a number of international observers.

The 40-year-old journalist was sentenced to seven years in prison along with Australian Peter Greste, while another co-worker, Egyptian Baher Mohamed, was sentenced to 10 years behind bars.

Egypt's president, Abdel-Fattah el-Sissi, had initially taken a tough stance on the controversial case, saying he would not interfere in court rulings or the judicial process.

But in a surprising new twist, el-Sissi told editors of certain Egyptian media outlets on Sunday that the heavy sentences in the case have had a "very negative" impact on his country's reputation.

Fahmy's family said they didn't want to read too much into el-Sissi's comments but admitted the president's words had sparked a glimmer of hope. THE CANADIAN PRESS

Quoted

"The verdict issued against a number of journalists had very negative consequences ... I wished they were deported immediately after their arrest instead of being put on trial."

Egyptian President Abdel-Fattah el-Sissi on the recent prison sentences handed down to Canadian journalist Mohamed Fahmy and two of his Al-Jazeera English colleagues

Germany

Foreign drivers targeted with new car toll

Germany plans to introduce a car toll that seeks to make money from the millions of foreigners who drive through the country every year, the transport minister said Monday. Minister Alexander Dobrindt plans to introduce toll stickers in 2016 for all cars using any roads in Germany, not just highways. THE ASSOCIATED PRESS

77 years. China holds ceremony to mark start of war with Japan

President Xi Jinping criticized people who "beautify the history of aggression" as China on Monday marked the 77th anniversary of the start of a war with Japan amid rising tensions between Beijing and Tokyo.

This year's unusually high-profile commemoration of the 1937 Marco Polo Bridge Incident, including a nationally televised speech by Xi, comes amid an anti-Japanese propaganda campaign by Beijing. The two governments are involved in a dispute over ownership of uninhabited islands in the East China Sea. THE ASSOCIATED PRESS

China's president, Xi Jinping

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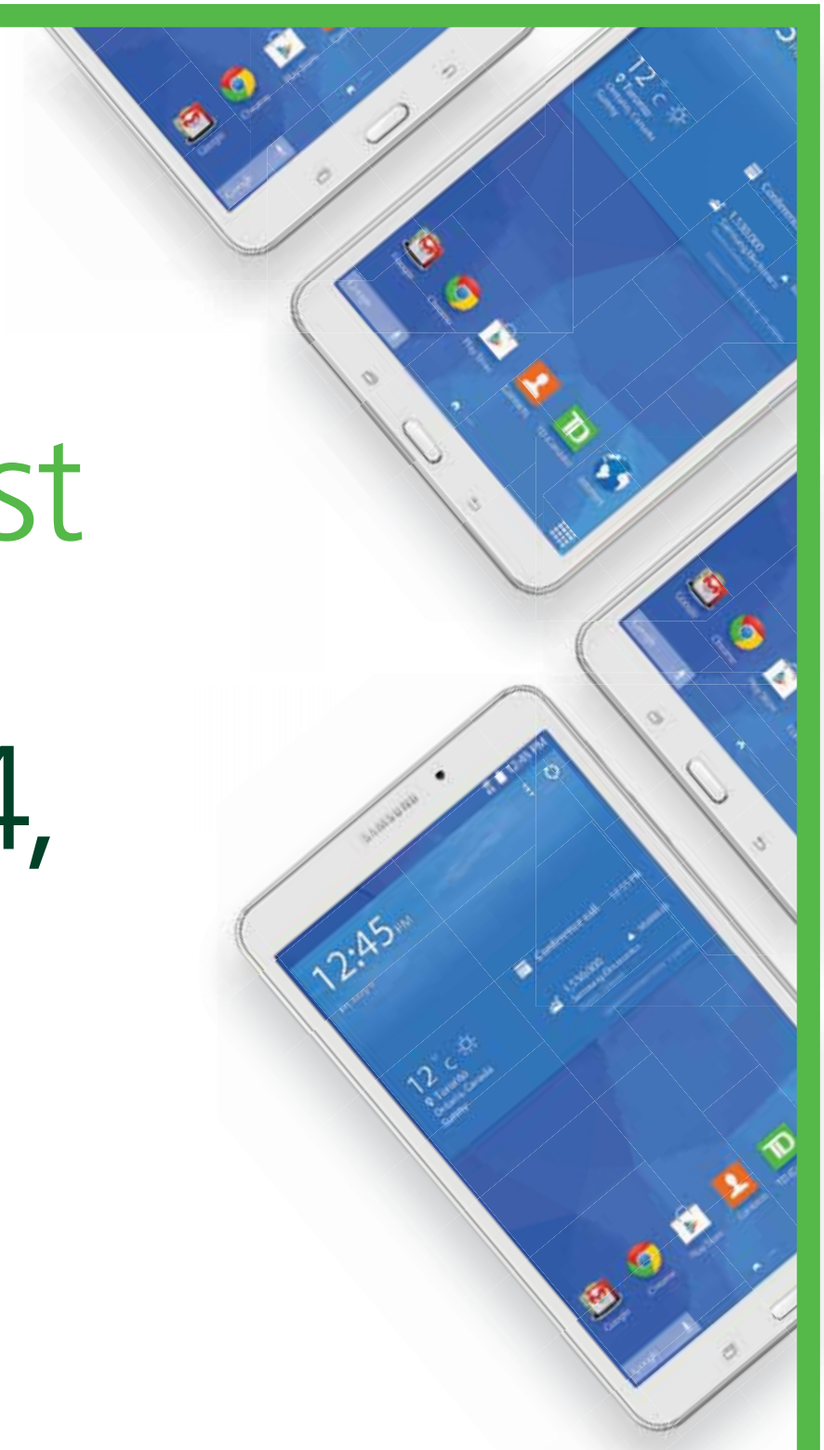

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The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore
THE CANADIAN PRESS

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

"This set-aside represents over half of the AWS-3 spectrum being made available and is the largest single block ever reserved for new entrants in Canada," Industry Minister James Moore said Monday at a Toronto news conference.

Industry Canada will set aside 30 megahertz of the 50 MHz of available spectrum for the newer companies. The spectrum up for sale can carry high-speed Internet video over the airwaves and penetrate buildings, much like the 700 MHz frequencies that were auctioned off earlier this year for about $5.27 billion.

Details of the ground rules for the AWS-3 auction, which will be in addition to a previously announced auction of less desirable 2500 MHz spectrum in April, will be worked out over the coming weeks, Moore said.

"The rules for this auction, consistent with the ones for the 700 MHz and 2500 MHz auctions, will encourage more competition in the wireless market while ensuring the interest of consumers first," the minister told a news conference.

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell. However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three.

"We have seen this story before and it has not resulted in success for the new entrants," CanaccordGenuity analyst Dvai Ghose wrote in a commentary.

Ghose wrote that 40 MHz of AWS spectrum was reserved for new entrants in the 2008 auction that opened the door for a new generation of carriers, but he noted Public Mobile has been since sold to Telus, Mobilicity is under court protection from creditors and Wind Mobile's largest shareholder, Vimpelcom, has said it won't provide more funds.

THE CANADIAN PRESS

Market Minute

DOLLAR 93.66¢ (-0.18¢)

TSX 15,172.93 (-42.03)

OIL $103.53 US (-$0.53)

GOLD $1,317 US (-$3.60)

Natural gas: $4.23 US (-$0.11)
Dow Jones: 17,024.21 (-44.05)

Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. TED S. WARREN/THE ASSOCIATED PRESS

U.S. shops 'stoked' to start selling pot

Rolling in the green?
Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. THE ASSOCIATED PRESS

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

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HOME IS WHERE THE HARD IS

SHE SAYS

Jessica Napier
metronews.ca

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record $63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't such a terribly long and expensive headache.

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

HEAVY RAINS IN MUMBAI

A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

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metro AR

MetroTube

The leak that wasn't

ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)

SCREENGRAB

metro

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CANADA'S SPORTS HALL OF FAME
PANTHÉON DES SPORTS CANADIENS

INSPIRING CANADIANS IN SPORT AND LIFE

CANADA'S GREATEST SPORT HEROES GOLF TOURNAMENT

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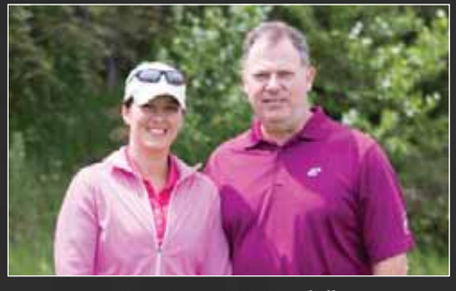
Donovan Bailey, Honoured Member

Jeremy Roberge, Inter Pipeline
Yvan Cournoyer, Honoured Member



Doug Jasper, AMJ Campbell
Cassie Campbell, Honoured Member

On June 26, 2014, 27 of Canada's greatest sport heroes of all-time gathered to take part in Canada's Sports Hall of Fame's Golf Tournament at The Hamptons Golf Club in Calgary, AB. Honoured Members of Canada's Sport Hall of Fame and two of Canada's greatest golfers, Gary Cowan and Marlene Stewart Streit, co-chaired the event and welcomed fellow Honoured Members Donovan Bailey, Michelle Cameron-Coulter, Cassie Campbell, Murray Costello, Yvan Cournoyer, Catriona Le May Doan, Anne Heggtveit, Don Jackson, Roger Jackson, Russ Jackson, Maria Jelinek, Kerrin Lee-Gartner, Alwyn Morris, Dr. Susan Nattrass, Cindy Nicholas, John Primrose, Ken Read, Pat Stapleton, Bruny Surin, Cliff Thorburn, Jennifer Walinga, Lucile Wheeler and Jim Young. Two Class of 2014 inductees, Horst Bulau and Gareth Rees, who will become official Honoured Members on October 22, 2014 also participated in the tournament.

Proceeds from the golf tournament were directed to Canada's Sports Hall of Fame's Youth Education Programs. Education is a focal point in Canada's Sports Hall of Fame's efforts to inspire Canadian youth. Through sharing the stories of Honoured Members' dedication, perseverance, leadership and teamwork, Canada's Sports Hall of Fame inspires students to set goals, dream big and be the best they can be in all aspects of life. Canada's Sports Hall of Fame's 548 inducted sport legends represent the pinnacle of Canadian sport achievement, leadership and character that can be seen, heard and experienced throughout the interactive 40,000 square-foot international award-winning facility. It is a great venue for custom facility rentals and corporate retreats. Host your next event at Canada's Sports Hall of Fame.

Canada's Sports Hall of Fame invites the public to nominate their sport heroes for 2015. Nominations can be submitted anytime up until January 15, 2015. Nomination forms and further information are available at www.sportshall.ca.

Bob Forshner, The Hamptons
Gary Cowan,
Honoured Member

David Feke, CityGreen Landscapes
Pat Stapleton,
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Brad Robertson, KPMG
Kerrin Lee-Gartner, Honoured Member

Rob Duncan, Molson Coors
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DVD review

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film

NED EHRBAR
Metro World News in Hollywood

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?

You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.

Keeping a level of filmmaking consistency over 12 years seems rather daunting.

It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has a specific kind of ethos to his films that I'm really happy to be a part of. So many movies, even if they're really entertaining and exciting and thrilling and everything, they leave you kind of feeling badly about your own life — like why you're not a superhero or why you don't ever get to meet blue aliens. Even being on the Titanic seems exciting! And our lives seem so full of so much minutiae and seem so much less than your average CIA narrative. But Rick seems to be satisfied with life as it is, and he doesn't feel the need to hyperbolize life.

Boyhood opens in select theatres this summer. CONTRIBUTED

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.

metro AR → See the full instructions on Metro's Voices page.

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Fluffy fan. Dolly Parton vows to adopt ditched dog

Dolly Parton wants to take an unlikely fan home.

"Dolly" the dog was abandoned after the country music legend's performance at the Glastonbury Festival last month. The fluffy white lurcher was found after 150,000 revelers decamped the site in England, and was being fostered Monday by the Happy Landings animal shelter.

Parton has pledged to adopt the dog, which staff at the shelter named in her honour. "I will take the dog home to America if nobody claims her," the singer said in a statement.

"Dolly" is being treated for an ear infection at Happy Landings. The shelter is near the festival site, and is appealing for donations.

The shelter says in a statement that Dolly — the dog, that is — is a "sweet-natured older lady" and that it is trying to determine her owner.

THE ASSOCIATED PRESS

Dolly Parton performs at England's Glastonbury music festival on June 29. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

Star Wars VII. Kevin Smith reports back from the set

A parkour expert and an American living in Glasgow are the latest pair to join the cast of Star Wars VII, both graduating from a U.K. and U.S.-wide open casting call, while a bit of insight into the production reality comes from Clerks director Kevin Smith, who was a guest on the set.

British actor Pip Andersen is described by the franchise's official website as "a skilled practitioner of parkour," having appeared in an ad spot for Sony smartphones.

He answered the call for an athletic, smart, handsome and independent-spirited young man who "doesn't have the strongest sense of himself."

Likewise, stage and screen actor Crystal Clarke pitched based on a character sketch outlining another independent, athletic part, this time for an orphan girl.

Filming continues in London after a stint in Abu Dhabi was brought to completion in May, while the Star Wars website expects a two-week break in August to allow for schedule readjustments as Harrison Ford recovers from a leg injury.

Kevin Smith talks about Star Wars: Episode VII at NIFFF Livestream. LIVESTREAM.COM

Kevin Smith is one outsider who has been on set at the invitation of director J.J. Abrams, and spoke up about his experience at the Neuchâtel International Fantastic Film Festival.

"I saw uniforms, I saw artillery I haven't seen since I was a kid," he said. "I saw them shooting an actual sequence in a set that was real ... and it looked like a shot right out of a Star Wars movie.

"I was like, 'Honestly dude, you're doing it. You're making my childhood again. You're doing our Star Wars.' What I saw blew me away." AFP

On TV

An old enemy back to haunt Doctor Who?

Ahead of the Season 8 premiere of the cult British TV series on Aug. 23, the BBC has unveiled a new teaser.

In the video, a voice that may be that of Davros, creator of the Daleks, comes back to haunt the Doctor. Indeed, fans have been speculating for several months now about the possible return of these extraterrestrial beings set on controlling the universe.

After appearing in the episodes The Day of the Doctor and The Time of the Doctor, Peter Capaldi will play the famous character full time next season. AFP

Doctor Who Season 8 premieres Aug. 23. YOUTUBE

On stage

Performers promote Cats' return to London. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Cats came back: Musical has new hip-hop twist

Cats is back — and now one of the felines raps.

Andrew Lloyd Webber announced Monday that his hit musical will return to London's West End in a revamped production with a hip-hop flavour.

Based on T.S. Eliot's whimsical Old Possum's Book Of Practical Cats, the musical opened in London in 1981, running for 21 years there and 18 years on Broadway. It runs at London's Palladium for 12 weeks beginning Dec. 6.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out that it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions and walking out, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.

Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

Miley mourns dog with tattoo

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my fwends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party. She was even good enough to include a shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.

Miley Cyrus

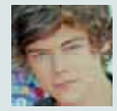
Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with … Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Twitter



@Harry_Styles
Sooooo... The weather?

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At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.

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One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes and ears send information to the amygdala, responsible for emotional processing, which then sends a distress signal to the hypothalamus, the command centre, which then communicates with the rest of the body via the nervous system. Blood is re-routed to organs, and away from the brain. "If you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to access full mental capacity," says stress coach Dr. Cynthia Ackrill.

You have dry, yellow-y skin

"The moment your body senses danger the narrowing of blood vessels occurs. Arteries and veins constrict to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin to survive, right? Precisely why it's the last area that's going to get blood: "The skin is not just a cover, it's a living organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system will spiral: "Cortisol is a stress hormone. It has the power to make your system race or slow. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure goes up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol slows everything back down. Because if it doesn't, you won't cope."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

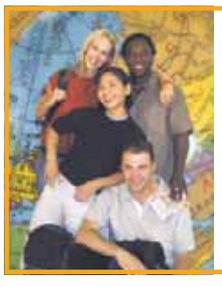
The obvious solution? Exhale, says Ackrill.

"By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down."

Your digestive system is slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!



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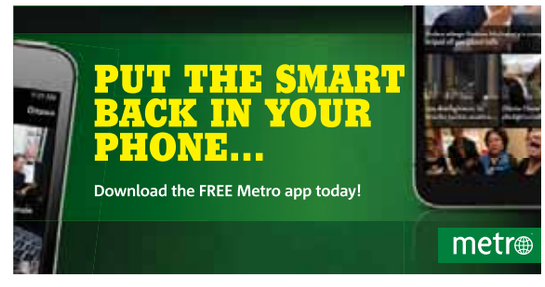

Prevention

Stop grey at the root

It's very likely that at some point everyone develops canities — the technical term for grey hair.

The bad news is that there's no proven way to reverse the condition. The good news, as most of us probably know, is that it isn't life or even health-threatening — just a little demoralizing.

Technically, hair doesn't turn grey — it turns white — but as it does, it reflects nearby colouring and appears grey. "Each of the 100,000 to 150,000 hairs on our scalp are on independent growth cycles," says Dr. Robert Dorin, a family practice doctor and member of the International Society of Hair Restoration Surgery. "As our hair shafts elongate, special cells called melanocytes produce hair pigment and deposit it in the hair cells. As we age, the specialized cells that constantly re-supply new melanocytes, called melanocyte stem cells, begin to slow down."

So, with aging, or interruption in melanocyte production due to illness, the amount of pigment distributed through the hair becomes more sparse. The rate of natural hair colour change is mostly due to genetics, says Dorin, but maintaining good health plays a huge part, too.

Stop smoking and limit alcohol consumption
"These inhibit your body's ability to fight the processes of aging, and create free radicals that destroy cellular function."

Exercise
"Consistent exercise helps your body's innate defense system to maximize its ability to slow aging and to prevent loss of cellular function at the molecular level."

Eat a well-balanced diet
"Eat the 'rainbow' of fruits and vegetables to ensure you consume plant-derived antioxidants. Drink green tea." LINDA CLARKE, METRO WORLD NEWS IN NYC

Calling strawberry lovers

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

They're local, delicious — and in season. Find them at your local farmer's market or, better yet, visit a pick-your-own farm. As detailed in the latest issue of Best Health magazine, on newsstands now, here's why strawberries are so good.

They are full of fibre, and just one cup contains your entire day's worth of vitamin C, which helps strengthen the immune system and protects connective tissue. Berries may help keep blood sugar in check; they contain red-blue natural plant compounds called anthocyanins that may lower blood sugar.

Those amazing anthocyanins also help to protect your heart. Eating three or more servings of strawberries and blueberries a week could slash heart attack risk by as much as one third, according to a study of more than 93,000 women ages 25 to 42.

The study, published in the American Heart Association's journal Circulation, suggested anthocyanins in both types of berries may help dilate arteries and reduce plaque buildup.

They're good for your brain, too. According to a study of older women published in the Annals of Neurology, eating berries such as strawberries at least twice a week delayed their cognitive and memory decline by up to two and a half years. And fisetin, a flavonol found in strawberries, appears to protect mice against memory loss caused by Alzheimer's disease, says a study published in April in the journal Aging Cell.

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Sweet facts

- **Organic.** If possible, buy organic strawberries; they are second only to apples as the most pesticide-contaminated produce, according to the Dirty Dozen list from Environmental Working Group.
- **Before you eat.** Hull and wash strawberries before eating them. There have been cases of E. coli traced to strawberries.

One cup of strawberries contains a day's worth of vitamin C. ISTOCK

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This recipe serves two. COURTESY THERESA ALBERT

Citrus: New salsa kid on the savoury block

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

1. Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

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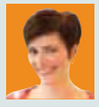

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar.

Plus, citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt =362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

These ones are for the kids

BMO Kids' Day. Whole family can have fun Wednesday, especially when admission is free before 9 a.m.

KRISTA SYLVESTER
For Metro

Free admission before 9 a.m.? Check. Free breakfast until 9:30 a.m.? Double check.

There's not many better ways to spend a casual week day down at the Calgary Stampede grounds with the family than on the popular BMO Kids' Day tomorrow.

Calgary Stampede spokesperson Jennifer Booth said the popular value days are always a good way to save some money when hitting the grounds, and BMO Kids' Day is no exception.

"It's a really popular day for families because kids under 12 and their parents get in free between 7 a.m. and 9 a.m., so they're able to save a lot of money at the gates, while spending time with the family when it's not as busy," she said, adding there is a variety of special programs for children at the park. "There's no shortage of activities for kids at all corners of the park."

As always, parents and little ones can't go wrong with the family-favourite President's Choice Superdogs Disco Dogs show in the Big Four building, which runs several times a day. All parents have to do is pick up the free tickets at the north end of the venue before the show.

The Coca-Cola Kids' Stage Entertainment is always a hit each year with this year's lineup featuring kids' favourites including Splash 'N Boots, Thomas & Friends and My Little Pony.

The interactive BMO Kids' Zone in the BMO Centre Courtyard is also popular for families with free entertainment for kids including Freestyle Soccer, and face painting.

For the younger crowd, Buckaroos is the place to be. Located inside the BMO Centre's Hall A, kids can bounce on the giant inflatables, climb on the multi-level play structure or cruise in a plasma car.

And perhaps one of the cutest events that even adults will enjoy, the Kids' Chuck Challenge takes place daily on the steps in front of the Saddledome where kids between the ages of five and 10 go head-to-head in chuck wagon races.

Booth recommends parents take advantage of the ATCO Lost Kids program by picking up a bracelet at any entrance of the Stampede and put the tag on their child in case they get lost.

BMO Kids' Day

- Wednesday, July 9
- Free admission (7-9 a.m. for children 12 and under and accompanying adults)
- Free breakfast (8-9:30 a.m., Grandstand Courtyard)
- Free variety show on the Grandstand stage (8-10 a.m.)

Joshua, 11, and Isaiah Zacharias, 6, take a ride in the new kids midway at The Great FUNtier. CANDICE WARD/FOR METRO

Aboriginal culture at the Stampede

CANDICE WARD
For Metro

The Calgary Stampede has a rich history rooted in the lands of Treaty 7 territory, and aboriginal culture has played a major role in the 10-day celebration over the past 102 years.

For as long as Kelly Good Eagle — vice-chair for Indian Events Committee — can remember, the Calgary Stampede and Indian Village have been a big part of his life.

He sat down with Metro to talk about the Indian Village and what it means to him. Here's what he had to say:

Q What is it like to spend 10 days on the grounds in a teepee?

A Kelly Good Eagle: There is so much camaraderie between the teepee owners. You get reacquainted with people and make new friends. It is very important for us because we are promoting our heritage and keeping our heritage alive.

Q Why is it important for yourself and your family to take part at Indian Village during Stampede?

A KGE: To pass along our culture and to keep our heritage going. Basically, to show our kids where we came from. We are here to show the world what we have to offer and what we have come from to what we are now. We have to keep our young ones going. Everything we do is for the young ones, because they will have to take over some day.

Q What is your reaction to those who are experiencing Indian Village for the first time?

A KGE: I get really excited. I try and answer as many questions as I can, and they are always full of questions. We are here for the visitors.

Q What can people expect when they come to Indian Village?

A KGE: Our culture. We have a lot of different teepee openings, people who demonstrate a lot of different skills, such as cooking, teepee raising, sewing, cutting of the meat. Then there is the dancing, with our big, main shows coming up from Wednesday to Saturday. We also have parades everyday ... It is very entertaining.

Kelly Good Eagle, from Siksika Nation, teepee owner and vice-chair for Indian Events Committee for the Calgary Stampede. CONTRIBUTED

Teepee contest

- Each year, teepee owners take part in a teepee contest.
- The teepee with the most items on the judge's checklist wins a cash prize.
- Items include headdresses, outfits, bundles, and many more.
- Dancers also compete for more than $40,000 ($30,000 for adult, $10,000 for youths seven to 17) in cash prizes in 14 different categories of dance during the Calgary Stampede Pow Wow.

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Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitova. Bouchard is the first Canadian to reach a senior singles Grand Slam final.

On the men's side, Raonic, from Thornhill, Ont., jumped to No. 6 after reaching the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has a .277 average with 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday in Oakland. He's expected to miss at least two weeks and won't be able to play in the upcoming all-star game.

THE CANADIAN PRESS

Murder charge

Judge allows Hernandez to transfer jails

Former New England Patriots player Aaron Hernandez can transfer to a jail closer to Boston for easier access to his lawyers while he awaits trial on a murder charge, a judge ruled Monday.

Hernandez is accused of killing Odin Lloyd in June 2013. He is also charged in Boston in the 2012 killings of two men. He has pleaded not guilty in both cases.

THE ASSOCIATED PRESS

Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Cleveland awaiting LeBron's decision

He's taking his talents to... Mended relationship between Cavaliers owner and James could clear way for reunion

In this Aug. 10, 2013 file photo, LeBron James greets fans while on the way to an interview at his foundation's "I Promise Family Reunion" in Akron, Ohio. PHIL MASTURZO/AKRON BEACON JOURNAL/THE ASSOCIATED PRESS

There was no eye contact, nothing to indicate any reconciliation. The breakup of LeBron James and Cavaliers owner Dan Gilbert was beyond bitter.

But now, as James considers a return to the team he abandoned four years ago with an entire region breathlessly awaiting a homecoming it couldn't imagine in its wildest dreams, it appears there has been some healing between the NBA superstar and his former boss.

Once aligned as basketball partners, James and Gilbert could barely stand the sight of each other during Miami's games in Cleveland in the past four years. It was an intense standoff, awkward and seemingly irreparable.

Time may have fixed their fractured relationship.

Most of the rest of the city has already forgiven James.

Cleveland, without a major sports championship to celebrate in almost 50 years, is praying for a reunion. On Sunday, Cavs fans flocked to social media to feverishly track one of Gilbert's private jets as it flew to Fort Lauderdale, Fla., where the plane's occupants dodged reporters and TV cameras with some deception.

It's not known if Gilbert was on the jet — or if the trip was even NBA-related — but that didn't douse the free-agency firestorm. As James' decision nears, there's a renewed hope the prodigal son will come home.

But in the backdrop looms the James-Gilbert relationship.

James is giving serious thought to returning to Cleveland, to going home and making amends with the city for the one misstep in an otherwise impeccable NBA career. Tuesday is the four-year anniversary of announcing he was "taking my talents to South Beach" and the city is once again on hold. James is set to meet with Heat president Pat Riley, who was able to lure the four-time league MVP to Miami in 2010 but could be running out of time to convince him to stay.

Two people familiar with the situation said James will meet with Riley "in the next two or three days." The people spoke to The Associated Press on condition of anonymity because neither the team nor James announced their plans publicly.

James holds all the cards. It's his choice.

It was the same four years ago, when James ended his seven-year run in Cleveland by linking with all-stars Dwyane Wade and Chris Bosh. The "Big 3" went on to win two titles and went to four straight NBA Finals, getting crushed by San Antonio this year.

The trio could be splitting up. Wade and Bosh have been waiting to see what James will do, and it's possible he's going to go it alone.

THE ASSOCIATED PRESS

Heat adding new faces

The Heat announced Monday that they intend to sign forwards Danny Granger and Josh McRoberts when the NBA's moratorium on deals being formally struck ends later this week.

- Granger has agreed to sign a two-year deal, with an option for the second of those seasons. McRoberts agreed to a four-year contract, the last year also being an option.

4 SPORTS

Brazil needs new hero with Neymar on shelf

Lionel Messi skips over a challenge. MARTIN MEISSNER/THE ASSOCIATED PRESS

Argentina vs. Netherlands

Messi, Robben to face off in showcase of footy footwork

The World Cup's best dribblers — Lionel Messi and Arjen Robben — face off when Argentina and Netherlands meet in the semifinals.

In Brazil, Robben has been quick, Messi has been quicksilver.

On Wednesday in Sao Paulo, either one could turn the semifinal with a dazzling turn of pace or a weaving run to propel his team to the final.

"We have to cut the supply line to Messi," Dutch defender Bruno Martins Indi told Dutch website Nu.nl.

The Barcelona star led Argentina through the group stage with four goals. He has also made 180 passes in his five matches so far.

The Dutch have shared the goal-scoring duties more evenly — Robben and Robin van Persie each have three, Memphis Depay has two of the team's total of 12 — but the Bayern Munich winger's scintillating sprints with the ball have often been the highlights of Oranje matches.

"We know that we will play against one of the best teams when it comes to counterattacks because of the speed of their men up front," Argentina midfielder Javier Mascherano said. "So we have to take precautions to not give them the possibility to counterattack, to always be well positioned, to not lose balls unnecessarily in areas where there's a lot of risk."

After scoring 10 times in group play, the Netherlands has managed only two goals in its two knockout matches and the Dutch will be hoping captain Van Persie regains his touch in front of goal.

More than Messi

"He's a good player, but we look at the whole team, not one player."

Netherlands goalkeeper Jasper Cillessen

He looked off the pace and missed an easy chance near the end of regulation time in the quarter-final against Costa Rica.

The Netherlands will again be without their powerful midfield controller Nigel de Jong, who has a torn groin muscle. A possible replacement, Leroy Fer, is recovering from a hamstring injury and it is not clear if he will be fit for Wednesday's semifinal at the Itaquerao Stadium.

THE ASSOCIATED PRESS

Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES

Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

World Cup semifinals. Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strikers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Willian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive midfielders, with Luiz Gustavo returning to the team after a yellow-card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk.

Fred was supposed to supply the goals, but the Fluminense player struggled from the beginning and has been loudly criticized by fans and local media. His lone goal came in the 4-1 win over Cameroon in the team's final group-stage match.

"Fred has been playing for the team," Scolari said. "Fred is not the only one in charge of scoring. Everyone has that responsibility."

THE ASSOCIATED PRESS

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.
- Silva scored one of Brazil's goals in the 2-1 win over Colombia in the quarter-finals on Friday.

CFL. Argos strengthen D with trade for Anderson

The Toronto Argonauts have acquired international defensive back Dwight Anderson from the Saskatchewan Roughriders in exchange for a conditional pick in the 2015 CFL Draft.

Anderson has won two Grey Cup championships with Calgary (2008) and Saskatchewan (2013). He has been named a CFL all-star twice and a divisional all-star four times.

In eight CFL seasons with Hamilton, Calgary, Montreal and Saskatchewan, the native of Spanish Town, Jamaica has amassed 343 defensive tackles, 19 interceptions, four (interception return touchdowns, seven fumble recoveries, one sack and 11 special teams tackles.

"Dwight Anderson is a veteran player who can help our team immediately," Argos general manager Jim Barker said in a statement. THE CANADIAN PRESS

Junior union. Unifor targets hockey players

Canada's largest private sector union plans to hold an organizing meeting Wednesday in an attempt to begin the process of representing major junior hockey players from around the country.

Unifor was created a year ago through the merger of the Canadian Auto Workers and the Communications, Energy and Paperworkers unions.

Unifor president Jerry Dias said Monday that the unionization of junior hockey is a long time coming.

"It's really slid under the radar screen because that's how people like it," said Dias. "The facts are the owners are doing quite well and this is a subject and this is a discussion that nobody wants to have."

The development comes more than a year after a failed attempt to unionize junior hockey players in Nova Scotia.

THE CANADIAN PRESS

Clippers sale. Doctor says Sterling has Alzheimer's

A neurologist has testified that Donald Sterling has Alzheimer's disease as a trial over the Los Angeles Clippers sale finally gets underway.

Dr. Meril Sue Platzer said Monday that she was hired by Sterling's wife, Shelly, to evaluate him.

The NBA has moved to oust Sterling as team owner because of racist remarks he made.

Shelly Sterling has made a $2-billion deal to sell the Clippers to former Microsoft CEO Steve Ballmer but Donald Sterling claims she didn't have authority to make a unilateral agreement.

Earlier in the day, a federal judge rejected a motion by Sterling's lawyers to move the case to federal court.

Sterling was the first person called to testify Monday but he wasn't in court and was ordered to show up Tuesday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 14 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus
April 21 - May 21
The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini
May 22 - June 21
It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer
June 22 - July 23
It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo
July 24 - Aug. 23
The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK – you don't have to.

♍ Virgo
Aug. 24 - Sept. 23
You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra
Sept. 24 - Oct. 23
You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio
Oct. 24 - Nov. 22
Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

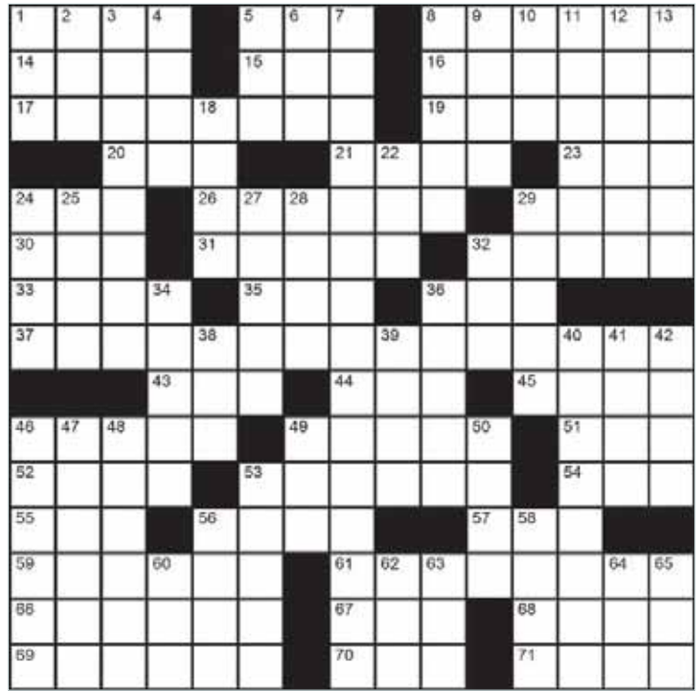
♐ Sagittarius
Nov. 23 - Dec. 21
Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn
Dec. 22 - Jan. 20
You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius
Jan. 21 - Feb. 19
Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces
Feb. 20 - March 20
You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

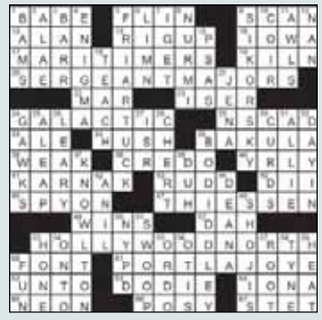
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. 1995 Shania Twain album: 'The Woman __ __'
5. Juice: French
8. Royal __ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin __ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout enders, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "__ _ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of __ (War of 1812 finisher)
51. Disney deer
52. Grimace
53. Silk-spinner
54. '_' __ in Xylophone
55. "__ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = __ Black Dress
61. Banff National Park: Valley of the __ __
66. Tchaikovsky's Symphony No. 5 key, _ __
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

Down
1. "Eeew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. __. __. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion
11. For some time
12. Shelly __ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange __ (Tea)
36. Good luck! = __ chance!
38. Napoleonic Wars marshal
39. Linked
40. __ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

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Market Mall

North Hill Centre

Southeast

Chinook Centre

Deerfoot Meadows

Shepard Centre

Southcentre Mall

1288 42nd Ave. SE

4410 50th Ave. SE

4825 Macleod Trail S

6039 Centre St. S

6100 Macleod Trail S

7845 Flint Rd. SE

Southwest

Bankers Hall

Bow Valley Square

The Core

Shawnessy Shopping Centre

Westbrook Mall

Westhills Town Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

Airdrie

2145 Summerfield Blvd.

Cochrane

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